

PANELLETS RECIPE - CATALAN ALMOND SWEETS

“Panellets” are a traditional sweet from Catalonia, prepared for All Saints Day and served with moscatell or “cava,” Spanish sparkling wine. It is made of almonds flour and sugar, formed into balls and decorated with pine nuts, rolled in cocoa powder, candied cherries or coconut flakes. They can also be flavoured with coffee. The most popular type is the one rolled in pine nuts.

Prep Time: 45 minutes

Cook Time: 4 minutes

Ingredients:

- 1 kg. almonds flour
- 800gr granulated sugar
- 200gr orange potato
- grated peel of 1 lemon
- 2 whole eggs
- 2 yolks

Toppings:

- Almonds
- pine nuts
- sweetened cocoa powder
- candied fruit
- Flavourings:
 - instant coffee powder
 - coconut flakes



Preparation:

Blanch almonds, then grind in food processor until almonds are a fine dust.

Peel the orange potato and cut into quarters. Boil potato in a saucepan until cooked. Drain water and mash with a fork.

Place almond flour and sugar in a medium saucepan. Remove and add the grated peel of 1 lemon and the boiled smashed orange potatoes. At the end we add the eggs and yolks. We stir all the ingredients until we get a smooth pastry.

Pre-heat oven to 380F degrees. Grease cookie sheets. Spoon out dough with a teaspoon. Roll dough into small balls in your palms. Then roll the balls in powdered cocoa or pine nuts. If using pine nuts, brush each with a bit of egg white. Place on greased cookie sheet.

If you want to flavour the cookies, separate a portion of the dough and with your hands, work in a bit of instant coffee flakes, candied fruit or cinnamon. Then make individual balls.

Bake cookies just long enough to brown the pine nuts - about 4 minutes. Using a spatula, remove immediately before cookies cool.